



**YOU'RE NOT GOING TO
WANT TO MISS THIS!!**

2016 Flathead County 4-H Foods Fair

4-H Tailgate Party

Kalispell Center Mall



At the 4-H Foods Fair, 4-H members show off their best culinary skills and 4-H clubs from across the county come together to compete for "best display."

Everyone is welcome to join the fun!! Even if you don't make anything, come out and see us!!

Saturday January 30th

Everything in place by 9:00, Judging Begins at 9:30

You can make one or two items, but each needs to come from two different categories below (other than adults & cloverbud). Entry forms can be found on county website.

1) Main Dishes
5) Salads
9) Beverages
13) Decorated Cakes/Cupcakes

2) Soups/Stews/Chowders
6) Appetizers
10) Pies
14) Yeast Breads
17) Candies

3) Cloverbuds
7) Gluten Free
11) Other Desserts
15) Quick Breads
18) Adults

4) Side Dishes
8) Cookies
12) Baked Cakes from Scratch
16) Snacks

HEY! Flathead 4-H Foundation... What's NEW?

Hi Everyone!

On Thursday, Jan 7, Don Anderson, Lloy Griffing, Dana Higgins, Eric Schmidt, Misha Siemens, Codi Sorensen, Katelyn May, Soren Haagerup and me (Tammy Walker - County Extension Agent) were installed by the 4-H community to sit on the new 4-H Foundation as Board of Directors. There are a number of available spots still open, so if you or someone you know would like to learn more about becoming a member of the 4-H Foundation, please speak with either me or one of the other board members and we'll do our very best to answer all questions.



During the Jan 7th meeting, the upcoming 100yr anniversary of Flathead 4-H was discussed (celebrations will start in Oct. 2017 and go through Sept 2018). Lots of really great ideas were tossed around:

- Create a 100yr anniversary logo design contest
- Plan to have a HUGE cake made to give out during the fair
- Create banners and flyers and news articles that could be used & distributed throughout the entire year all over the valley
- Create & sell commemorative 100yr anniversary collectors coins
- Create & sell commemorative 4-H bricks that could be used to build a "wishing well" or walk way.

The next 4-H Foundation meeting is scheduled for **February 16th at 5:45** in the 4-H Building on the fairgrounds. If you would like to lend your voice to the conversation, or become part of the Foundation as a board member, or would like to help be a member of the "Centennial Celebration" subcommittee, **please come join us!**

HEY! Flathead 4-H Council... What's NEW with you?

The Flathead 4-H Council needs your help!



4-H Council

This is the group who gives guidance to the county 4-H program by working with the Extension Agent to develop, implement, and evaluate educational programs based on the needs of our youth. It's a partnership between youth, adult volunteers and the Extension office, and it's vital to the success of our county's 4-H program.

We held a planning meeting on Saturday, Jan 23rd, but not very many people were able to attend, so we postponed any decision-making until we had a larger body of folks. If you are a 4-H member, a 4-H leader, a 4-H parent, or someone who appreciates the Flathead 4-H program, we need your help to promote and strengthen our county's 4-H program.

EVERYONE... please take this poll <http://doodle.com/poll/ag7ae396e99ygb37> and check all dates & times that fit your schedule, so that we can plan our next Council meeting with as many people in attendance as possible.

SAVE THE DATE!! - July 18-July 22, 2016



Flathead County 4-H Camp

For those Age 8-12yrs old (as of your age on Oct. 1, 2015)

Registration: \$110.00 for existing 4-H Members,
\$130.00 for all others
*scholarships available

Accepting 4-H Camp Counselor Applications NOW!!

Apply by going to the county 4-H website at
<http://flathead.mt.gov/extension/downloads.php>

In the 4-H section you'll see the "camp" file. Click on that for the "Camp Counselor" application.
Print, complete and submit to the Extension office before
February 1.

2016 Camp Dates: July 18-22

Camp Planning:

***Counselors are expected to attend a majority of planning meetings.*

Meeting schedule will be discussed by counselors who are chosen and determined at a later date.

Most planning meetings will be during evening times throughout the months of Feb-June.

Please return you completed application by Monday,
February 1, 2016.

All applicants will go through an interview process.

Counselors must be at least 13yrs old by Oct. 1, 2015.

The fee for campers for the week is \$110. Counselors will have this fee waived; however, in the event that a counselor is dismissed due to disciplinary action, he/she will be expected to pay this fee in full.

Newer counselors will be paired with more experienced counselors in order to obtain continued training. Adult leaders will also be present at all times.



SAVE THE DATE

4-H REC LAB

April 8-10, 2016

Joliet, MT

Participants must be 13yrs old by Oct. 1, 2015.

The theme is Reach For The Stars In 4-H! The world today consists of many people society consider as "stars." All these men and women had to undergo some hardships and joys to get where they are today. 4-Hers will "reach for the stars" of leadership and social skills and embrace the "bright" ideas to take back and share with their clubs and even gain new project ideas for fair. They will also all have their turn to walk down the red carpet and enter the *Dancing with the Stars* dance on Saturday night.



4-H Dog Project meeting -

February 2nd, 2016 7pm at the Flathead country fairground in the under the grandstand building.



If you are in Dog Project, or if you want to learn more about the dog project, you will want to come to this meeting. We are rolling out a whole new program with a lot of new information, new record book pages, and project activities.

After the information meeting, we will have a rally course to have

fun with (with a dog or dogless). If you are bringing a dog, please bring your vaccination records; all dogs must be current to participate. Also have your appropriate equipment (leashes, collars, treats, etc). No animal or people aggressive dogs allowed.

For more information, call or email

Lori Franke

K9agility@tuscortnet

Introduction to Beekeeping

March 5, 2016

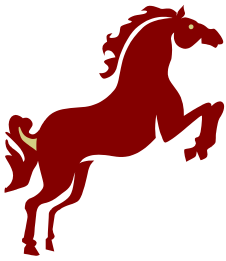
8:30-3:00

Country Kitchen, Fairgrounds

* IF YOU ARE ENROLLED in the beekeeping class, you can place an equipment order with Rick ahead of time and he can bring your merchandise with him on the day of class, enabling you to skip the cost of shipping. See <http://www.westernbee.com/> for online catalog. PLEASE NOTE: Bee packages (live bees delivered in late April or early May) sell out quickly, so reserve your order early if you want to start new hives this spring! Rick will take orders for bee packages beginning Feb 1st. Last year, packages sold out in 8 days.

Class is \$30.00 and preregistrations must be made through the MSU Extension office. Call for more information: Pat McGlynn, MSU Agriculture Extension agent, 406-758-5553. The workshop will be at the Flathead County Fairgrounds, Country Kitchen building.

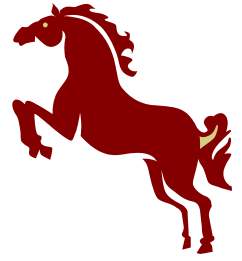




MARK YOUR CALENDARS!

Flathead County 4-H Horse Camp

April 29, 30 & May 1, 2016
Flathead County Fairgrounds



Dear 4-H Horse Members & Leaders,

As many of you know, in order for any 4-H horse member to be qualified to participate in the 4-H portion of the horse show at fair, they will need to attend at least 1 clinic; they can do more, but **MUST** do at least one. Below is a list of upcoming clinics that are being planned. Contact the Extension office for more information.

- Feb 20 – Fundamentals of Packing – 1-4pm - Country Kitchen, Fairgrounds
- Feb. 22nd – Routine Health – 7pm – Scott Barn @ 336 Cemetery Rd., Kalispell
- March 12 – Getting horse ready for trail – 10-4:30 (*bring your lunch*) – Hayseed Arena, Hwy 2W
- March 13 – 2:00-4pm – Fundamentals of Reining – Mooring Road Arena
- ◊ Also on March 13 – leader assessment training – Mooring Road Arena - ** any adult leader who wants to receive training on how to assess – this is the class for you. Only those trained to assess may assess.
- April 16 – English Clinic – w/Sally Rohletter
- 4-H Camp - April 29–May 1
- Horsemanship clinic – Renee Caverly
- Roping clinic – April or May



Livestock Quality Assurance, Seminars, Tagging & Weigh-ins

All 4-H members doing livestock projects must attend LQA **once as a junior and once as a senior** (Jr. members = 8-12; Sr. members = 13-18 as of Oct. 1, 2015).

LQA trainings are combined with species seminars.

- There will be a **Hog Seminar on Feb 23rd** from 5:45-7:30pm in the Country Kitchen on the fairgrounds.
 - **Sheep Seminars** - TBD—Will send out notification asap.

Beef weigh-in = Monday, April 11th ~ Hog tagging & weigh-in = Monday, April 25th ~ Lamb tagging & weigh-in = Monday, May 16th

HEY! SHEEP LOVERS!!

Flathead 4-H Sheep leaders are hard at work creating ways to help you with your 4-H sheep project!

On January 13, 2016 a new sheep committee was formed, with the goal of growing county-wide excitement and offering support and educational opportunities for ALL sheep project members. If you have any questions about this committee or any upcoming sheep activities, please contact the 4-H Extension office at 758-5553. OR, if you are just excited and want to "shoot the sheep," contact Inga Lake at 261-3807 or Kim Morrison at 314-3732.

On July 9, 2016, in collaboration with Flathead FFA, we will be hosting a Boatman Showmanship Clinic at the H.E. Robinson Vo-Ag Center in Kalispell. This is your opportunity to learn to show like a pro! Boatman Club Lambs are highly regarded in the Pacific Northwest, and throughout the nation, as premier sheep breeders and what I like to call, "kid builders." Boatman lambs and showmen have had success nationwide in market, breeding and showmanship classes and **WE'RE BRINGING THEM TO YOU!** Entry forms can be found on the Flathead County 4-H website at

<http://flathead.mt.gov/extension/downloads.php>

We are limited to 30 slots, which are offered exclusively to Flathead County members through March 31, 2016. After that we will open registration to other counties if there are still slots available.

Feel free to contact us with any questions or concerns. We're looking forward to an outstanding year.

Blessings!~ Inga



SAVE THE DATE!! SHEEP Showmanship Clinic July 9, 2016 9am - 4pm

MUST REGISTER - Registration packets can be found on the county 4-H website at
<http://flathead.mt.gov/extension/downloads.php>

Mail entry form, liability release, and check to:
Flathead County Sheep Committee
PO Box 10097
Kalispell MT 59904



3RD ANNUAL
**4-H WINTER DANCE
&
DESSERT SOCIAL**



Saturday, February 6th, 2016
6 pm - 10 pm
Eastside (Creston) Grange



Get your groove on! All ages are welcome!
Children must be accompanied by an adult.

\$3 per person, \$5 per couple,
or \$10 per family

Desserts will be provided by the
Dandy Dudes & Dolls
4-H Club.



2016 4-H Interstate Exchange Spaghetti Supper & Dessert Auction

The Annual 4-H Interstate Exchange
Spaghetti Supper & Dessert Auction
will be held on
Saturday, March 12th, 2016



WHERE? - The Eagles Lodge - *Basement*

****NEW LOCATION **** 37 1st St W, Kalispell

WHAT TIME? - Dinner starts AT 5:30pm, auction starts at 6:00pm

WHO SHOULD ATTEND? - EVERYONE is invited and encouraged to attend. This event is open to all our friends & family, so invite everyone you know!
The 4-H club with the highest number family & friends in attendance will win \$50 towards a club pizza party.

WHAT HAPPENS AT THIS EVENT? - A bunch of really awesome folks come together and fellowship with longtime & new friends as 4-H kids serve up a great spaghetti supper. We talk, laugh, eat, then we auction off some of the most AMAZING pies, cakes, cookies, candies and more. It's a TON of fun so don't miss it!!

IS THERE A COST? - Tickets are \$6 each or \$20 for a family of 4, and will be available for purchase starting in March.

All proceeds go toward hosting 4-H members from other states and sending 4-H members from the Flathead to different states. All with the goal of making new 4-H friends, obtaining life-skills, exchanging thoughts & ideas and creating lifelong memories.

For more information call the Flathead County Extension Office at 758-5553.

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension Service prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director, Extension Service, Montana State University, Bozeman, MT 59717



Montana State University Extension Service 4-H AMBASSADORS

Plug Into the
4-H Ambassador Program



ATTENTION all 4-H Members 13yrs and Older!!

BECOME ONE OF OUR FLATHEAD 4-H AMBASSADORS!!

What is a 4-H Ambassador?? - 4-H Ambassadors are official envoys, representative spokespersons of the 4-H Program. A 4-H Ambassador is a self-motivated, enthusiastic leader who promotes the 4-H program to fellow members, area residents, community leaders, elected officials and non 4-H youth. A 4-H Ambassador serves to strengthen the 4-H program through public relations.

Ambassadors receive training and demonstrate their skills in leadership, citizenship, and civic engagement through public presentations, life skill development workshops, and service learning projects. These youth exemplify the "learn by doing" credo of experiential learning and advance the 4-H motto, "to make the best better."

What am I committing to as a 4-H Ambassador?? - There will be approx. 6-8 meetings a year with County Agent Tammy Walker and Samantha Braaten. As a 4-H Ambassador, you will be expected to attend a few events and activities throughout the year. You won't have to do them all, but some of your options for participating are Foods Fair, County Congress, Livestock Weigh-In's, State Congress, 4-H Board Meetings, County Club Meetings and Battle of the Barns (*just to name a few*).



MSU Extension Service—Flathead County

Tammy Walker
4-H & Youth Development Agent
Tammy.walker1@montana.edu
Phone: (406) 758-5553
Fax: (406) 758-5881
Email: extension@flathead.mt.gov
Web: <http://flathead.mt.gov/extension>

When & Where are the meetings?

**Thursday Oct. 29, Jan. 28, Feb. 25, March 31
and April 28.**

All meetings will be from **6-7:30pm** in the
4-H Building on the Fairgrounds.

Applications for 4-H Ambassador can be found at the Extension office or online at
flathead.mt.gov/extension/downloads.php

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59717

ATTENTION
Cloverbud Parents!

CL^{VERBUDS}

"Cloverbuds" are 5-7yr old kids who do fun 4-H stuff!

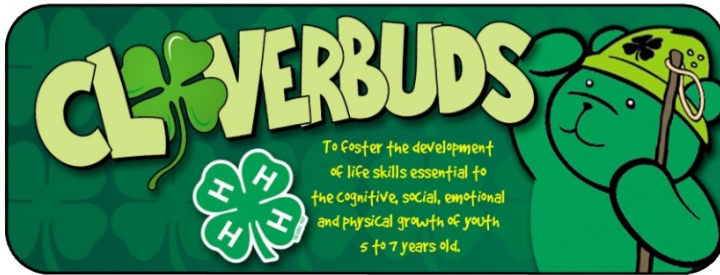
ALL 5-7yr olds who would like to be a 4-H Cloverbud are invited to join our monthly

Cloverbud meetings in the **Country Kitchen** on the Fairgrounds. Meetings will take place from 5:30-7pm on Thursday, Oct. 29; Jan 28; Feb 25; and March 31.

****This year there will be a supply fee of \$3 per person, per meeting; due at the start of each meeting****

So mark your calendars, grab \$3 and Come Join us!!

You're welcome to bring food if you wish to eat during the meeting.



For more information, call our 4-H Extension Agent

Tammy Walker at 758-5552 or

Email: tammy.walker1@montana.edu

2016 Hand to Heart Award

All Applicants will be informed of interview time.

Awarded at Flathead County 4-H Congress Event

Application Deadline: 5:00 pm Thursday, April 14th, 2016

Flathead County Extension Office



This award has two age divisions, **4-H ages 8-10 and 11-13**(*member's age as of Oct. 1, 2015*). Please fill in the application as thoroughly as possible. Feel free to add as much community service information and other helpful items that you would like to share. Applicants are required to interview for this award. Interviews will take place in the Extension Office. You will be notified of your interview time previous to the event. Remember to dress as if you were going to a job interview. A Grand and Reserve Champion will be selected in each age division.

Entry forms can be downloaded from the county website at:
www.flathead.mt.gov/extension/downloads.php



Upcoming 4-H Meetings and Special Events



Upcoming Activities & Other Meetings

- ◇ **Foods Fair:** *January 30th at Kalispell Center Mall*
- ◇ **Ambassadors Meetings:** *Jan 28, Feb. 25, March 31 & April 28—all from 6-7:30 in the 4-H bldg. on the Fairgrounds.*
- ◇ **Cloverbud Meetings:** *Jan 28, Feb. 25, March 31 & April 28—all from 6-7:30 in the Country Kitchen on the Fairgrounds.*
- ◇ **Camp Counselor applications due:** *Feb 1*
- ◇ **4-H Dog Project Mtg:** *Feb. 2nd - @7pm under the grandstand bldg. on the fairgrounds*
- ◇ **Dandy Dudes & Dolls Dance:** *Feb 6th at Creston Grange*
- ◇ **Winter Teen Camp:** *February 12–14*
- ◇ **Hog Seminar:** *Feb 23rd from 5:45-7:30pm in the Country Kitchen on the Fairgrounds*
- ◇ **Interstate Exchange Spaghetti Supper & Dessert Auction:** *March 12th at 5:30pm at the Eagles Lodge*
- ◇ **Beekeeping:** *March 5th at Country Kitchen on Fairgrounds*
- ◇ **Rec Lab:** *April 8-10*
- ◇ **Hand-to-Heart Award application:** *Due April 14th*
- ◇ **Horse Camp:** *April 29–May 1–Fairgrounds*
- ◇ **Sheep Showmanship Clinic:** *July 9th at the Vo-Ag Center from 9-4pm - MUST REGISTER*

Forums, Committees & Councils

- **4-H Foundation Mtg:** *Tuesday, Feb 16 at 5:45pm in the 4-H Bldg on the Fairgrounds.*
- **4-H Interstate Exchange Mtg:** *Weds, Feb 17 at 5:45pm in the Extension office conference room.*
- **4-H Horse Committee:** *Tuesday, March 1 at 5:45pm in the Extension office conference room.*
- **4-H Council:** *to be determined (TBD).*

SAVE THE DATE!

Montana State 4-H
85th Annual Congress in Bozeman

Pre Congress = Monday July 11 to
Wednesday July 13.

MAIN Congress = Wednesday July
13 to Saturday July 16





MSU Extension Service – Flathead County

Patricia McGlynn

Agriculture, Natural Resource & Community Development Extension Agent

Tammy Walker

4-H & Youth Development Agent

Dee Dryden-Cooper

Support Staff

Nancy Roberts

SNAP Educator

Address:

1108 South Main Street
Kalispell, MT 59901

Phone: (406) 758-5553

Fax: (406) 758-5881

Email: extension@flathead.mt.gov

Web: <http://flathead.mt.gov/extension>

State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month



Healthy Cocoa, Banana, PB Smoothie

1 serving Prep Time: 5mins. 397 calories

Ingredients:

1 cup milk
½ cup chopped,
frozen banana, or
more to taste
2 TBSP peanut
butter
2 tsp of unsweet-
ened cocoa powder
1 tsp of honey or
stevia



Directions:

Blend milk, banana, peanut butter, cocoa powder and sweetener together

In a blender until smooth- very refreshing and you don't need to put in any protein powder.

Cook's note--- Unsweetened almond milk can be substituted for the milk. Replace banana with half an avocado. A pinch of cayenne pepper or cinnamon can be added to make the cocoa pop!!!

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59717